

that the finished food not only contains the needed elements for brain building, but they are ready to be presented to Mother Nature in such a shape that she quickly absorbs and uses them. The good, solid, substantial results obtained every day by people who use Grape-Nuts, prove the facts.

The new food is found in all first-class grocery stores, and is one of the most toothsome and palatable novelties yet produced in the way of food, requiring no cooking or preparation of any sort, but, on the contrary, it is ready for immediate use and suited to the needs of the brain worker, epicure, or invalid.—*Adm.*